

News for Your New Year's Resolutions!

Even if you followed all of Maricopa County Office of Nutrition Services wonderful tips on maintaining and not gaining weight through the holidays, statistics tell us that 64% of the population in Maricopa County is overweight or obese. No wonder ringing in the New Year for so many includes making weight loss resolutions! These simple ideas can yield big results when coupled with commitment!

Start With a Plan

- ☐ **Develop a Plan** for lifelong health, not just short-term weight loss
- ☐ **Set Realistic Goals** and only one or two at a time — remember “baby steps”

My Goals	“Do-able” Changes
Walk 30 minutes every day	Walk 10 minutes – early morning, during lunch break, evening , working up to 5 times per week
Increase vegetable intake by 1 cup daily	Add a salad to dinner every night
Decrease soft drinks to twice weekly	Replace soda with water
Plan healthy snacks	Buy yogurt, fruit, whole grain crackers with low-fat cheese

- ☐ **Set a New Goal** once you have achieved one

Healthy Eating Tips

- ☐ **PLAN YOUR MEALS** ahead of time
- ☐ **EAT AT LEAST THREE MEALS** a day or eat 4 to 6 **SMALL** meals a day



Visit www.MyPlate.gov to get a personalized daily eating plan

- ☐ **BALANCE YOUR PLATE** with the right portions of a variety of foods — make half your plate fruits and vegetables
- ☐ **SNACK SMART** — choose snacks by the calories and nutrients they provide
 - 6 ounces fat free flavored yogurt — minimal calories, good source of calcium
 - 1 tablespoon peanut butter on 5 whole grain crackers or slice of whole grain bread — good source of protein and fiber
 - Raw vegetables with 2 tablespoons hummus — vitamins A and C, fiber and protein
 - Individual serving bag of light microwave popcorn — whole grain that provides fiber

Healthy Eating Tips (cont.)

- ☐ **RECORD THE FOOD YOU EAT** at least for a week or two and longer for long-term weight loss goals
 - Decide what you are going to use to record your information — use a notebook or the food log provided (link below)
 - Write down ALL food and beverages you eat and drink and record the time you consume the foods/beverages
 - Remember to record snacks and even the tiny tastes

Physical Activity

- ☐ **RECORD YOUR PHYSICAL ACTIVITY** in a notebook or activity log (log provided — link below)
- ☐ **FIND YOUR BALANCE** between food and physical activity
 - The scale is the best way to determine your calorie and activity balance
 - If your goal is to lose weight, cutting back portions and increasing activity should result in a lower number on the scale
 - No changes take a look at your food and activity logs — you might need to increase your activity and/or eat smaller portions of food to achieve weight loss
 - Keep in mind that muscle weighs more than fat — if your work-out routine includes weight training, the scale may not change or may even climb a little, but you might notice your size is shrinking

Individuals who record their food intake and physical activity have greater long-term success meeting their weight loss and activity goals.

Physical Activity and Food Logs

- ☐ [Food log](#)
- ☐ [Physical Activity Log](#)
 - Visit the [Physical Activity Guidelines for Americans](#) for more details on physical activity

It's a Wrap – so what are you to do?

- ✓ Have a plan
- ✓ Establish healthy eating habits
- ✓ Increase physical activity

It's your journey – make a commitment to pursue a healthier lifestyle!